

Airman & Family Readiness Center

May 2010

Monday		Tuesday	Wednesday	Thursday	Friday
3		4 ◆First Duty Station Financial Briefing 0800 – 1200 ☑Pre-Separation (Separation) 0900 – 1030	5 ☑Pre-Separation (Retirement) 0900 – 1030 +Mexican Cooking Class 1100 – 1200 +Pre-Remote 1400 - 1500 Cinco de Mayo	6 ☑VA Benefits Seminar 0800 – 0830 MEB 0830 – 1100 SMR 21-526 + Key Spouse 1700 – 2030	7 Military Spouse Appreciation Day
10 ☑Four Seasons of Marriage 0900 – 1100 +Pre-Deployment 1500 - 1600		11 + Photography – Perfect Snapshots 1000 - 1100	12	13 ☑DTAP 0830 – 1200	8 Saturday +Hearts Apart Ice Cream Social 1400 - 1600
		Transition Assistance Program Seminar – 0800 - 1630			14 Home/Small Business Fair (Landing Zone) 1000 - 1300
17		18 ◆First Duty Station Financial Briefing 0800 – 1200 ☑Pre-Separation (Separation) 0900 – 1030 +Tri-Care for Retirees 1300 – 1400 +Photography –Digital Single Lens Reflex (DSLR) 1800 - 1900	19 ☑Pre-Separation (Retirement) 0900 – 1030 +Pre-Remote 1400 - 1500	20 ☑VA Benefits Seminar 0800 – 0830 MEB 0830 – 1100 SMR 21-526 +Bundles for Babies 0830 - 1100 +Romantic Nights Cooking for Couples 1800 - 1930	15 Saturday Give Parents a Break (CDC) 1100 – 1700 784-2407
24 +Pre- Deployment 1500 – 1600	31 Holiday Memorial Day	25 +Smooth Move Overseas/Stateside 0830 – 1130 ☑Pre-Separation (Separation) 0900 – 1030	26 ⇒Right Start 0830 – 1100 ☑Pre-Separation (Retirement) 0900 – 1030	27 +Deals on Wheels 0900 - 1030	21 ☑Operation Homefront Quilts 1000 - 1500
<p>All programs are free of charge and open to active duty and retired military, their family members and federal employees.</p> <p>Please call 784-4228 to reserve a seat</p> <p>Workshops & Seminar Locations:</p> <ul style="list-style-type: none"> ☑ A&FRC, 200 W. Terminal Ave. + A&FRC Annex, 403 A Olympic Blvd ⇒ Landing Zone, 211 W. Octagon Ave ◆ First Term Airman's Center, 108 W. Arcadia 					



Airman & Family Readiness Center (A&FRC)

Description of Courses

Military Spouse Appreciation Day

Military Spouse Appreciation Day – gifts of gratitude will be given throughout the day at the A&FRC and Landing Zone during First Friday (7 May) – **Thanks to all spouses.**

Personal Financial Management (PFMP)

Emergency financial assistance is available through the Air Force Aid Society. **Deals on Wheels** will be on **27 May** at the A&FRC Annex from **0900-1030**. Buying a vehicle takes thought and preparation in order to avoid being "taken for a ride". To learn how to avoid common mistakes, sign up for this informative class!

Bundles for Babies

Bundles for Babies on **20 May** from **0830-1100** provides info on preparing for a new baby physically & financially, and calming crying newborn. Best of all; receive a bundle of baby items valued at approximately \$75 for attending! Please arrange for childcare for any children other than newborns.

Transition Assistance

Pre-Separation counseling is **mandatory** for all personnel separating or retiring, please see calendar for specific pre-separation dates; this briefing is highly recommended prior to attending the **Transition Assistance Program Seminar (TAPS)**. The **May TAP** seminar is **11, 12 & 13 May** from **0800-1630**, spouses are encouraged to attend. **DTAP** workshop is scheduled for **13 May** from **0830-1200**, bring your medical file with you, and receive advice on reviewing your service medical records, what to claim, and assistance in completing the VA disability claim Form 21-526. Details on VA benefits will be presented at the **VA Benefits Seminar** scheduled for **6 or 20 May**, **MEB** will meet from **0800-0830** and the **benefits briefing** will be from **0830-1100**. Get ahead of your retirement medical insurance needs; attend **Tricare for Retirees** briefing on **18 May** from **1300-1400**.

Getting Ready to PCS or Just Arrived

Smooth Move Overseas/Stateside scheduled for **25 May** from **0830-1100**. Make your move as stress-free as possible with this helpful class. Our loan locker has various household items available for check out while you are waiting for your household goods to arrive or prior to departing Cannon. Loan locker hours are **1000-1500 Mon-Fri**. Families PCSing in/out may be entitled to **20 hours of FREE childcare**. **Right Start** for all newcomers will be **26 May** from **0830-1100** at the **Landing Zone**. **Sponsor Packages** are available at the A&FRC. Members must **bring a copy of their training certificate** to pick up sponsor packages.

Family Life

A&FRC is offering a fun and interactive cooking program that allows each participant to get involved. Come out and learn to cook a new, quick and healthy dish that could be used as a fast snack or a unit function delight. Plan on attending the **Mexican Cooking class** held on **5 May** (Cinco de Mayo day) from **1100-1200**, will help you create fabulous meals within 30 minutes. The **Home/Small Business Fair** is an opportunity for entrepreneurs to display products and increase cliental. Entrepreneurs will not be able to sell products and/or services but demonstrate, display, and explain their product or service. This will take place **14 May** at the **Landing Zone** from **1000-1300**. PLEASE contact the A&FRC to reserve your space! The **Romantic Cooking for Couples** is a way to strengthen the relationship and enjoy a great meal that is prepared together. This class is scheduled for **20 May** from **1800-1930**, **be sure and sign up as space is limited**. **Four Seasons of Marriage**, relationships like nature tend to fade from one season to the next without notice. This workshop will help couples identify each of the four seasons as they learn practical strategies to strengthen and enhance their relationship, to capture the joy and commitment in which they share, and is an evolving and subject to change workshop. The workshop is scheduled for **10 May** from **0900-1100**. Two **photography classes** will be offered, the first one is **Perfect Snapshot** on **11 May** from **1000-1100**, learn how to use Lightroom and Photo Shop. The second photography class scheduled for **18 May** from **1800-1900** is on Digital Single Lens Reflex (DSLR), you will learn how to use your camera and work your lenses.

Key Spouse Training

Have you just been appointed a Key Spouse? **Key Spouse Training** will be on **6 May 1700-2030**. Training is required for individuals who would like to become a Key Spouse; recommendation must come from your spouse's squadron commander or first sergeant. Training will include briefings from a First Sergeant, Chapel, Sexual Assault Response Coordinator (SARC), and A&FRC.

Personal and Family Readiness

Pre-Remote briefing will be **5 or 19 May** from **1400-1500**. This briefing is mandatory for anyone going on a remote tour. **Pre-Deployment briefings** will be **10 or 24 May** from **1500-1600**, spouses are encouraged to attend these briefings. Information on preparation for a deployment and programs for family members are discussed. Please call to reserve a seat. **Give Parents a Break Program** for families of deployed or remote members is scheduled for **15 May** from **1100-1700** at the Child Development Center (CDC) on base. **The CDC must have 8 children signed up by COB 10 May before the program can be offered.**

Hearts Apart

Spouses and family members of deployed or remote personnel are invited to an **Ice Cream Social** on **8 May** from **1400 – 1600** at the A&FRC. Please call 784-4228 by 3 May to sign up for this event.

Operation Homefront Quilts—Volunteer Opportunity

Operation Homefront Quilts, a group of local quilters who make quilts for families who have lost loved ones in the war, will meet **21 May** from **1000-1500**. No experience is necessary and all materials are provided.

Free Popcorn every Friday in the Discovery Center from 1100-1400. All classes are free & held at the A&FRC unless posted otherwise. Class sizes are limited, so call 784-4228 today to reserve your seat!